

Be Prepared: Extreme Heat



Public Health
Prevent. Promote. Protect.
Winnebago County, WI

What To Do In An Extreme Heat Warning

☐ Stay Hydrated



Drink lots of water, avoid caffeine and alcohol.

☐ Keep Your Home Cool



Close and cover your windows during the day, and in the evening open the windows to let cooler air in.

☐ Go To Air Conditioned Places



Find cooling locations (<https://wchd.pub/coolinglocations>) or go to public places like libraries and malls.

☐ Eat Light & Fresh Foods



Eat foods with high water content and avoid turning on cooking appliances like the oven.

☐ Check On Friends & Neighbors



Older adults, infants and young children, people with chronic diseases and outdoor workers can all be vulnerable to heat.

☐ Know When To Get Help



Heat can become deadly. Learn the symptoms of heat-related illnesses and get help ASAP.

Preparation Kit: What To Have On Hand

☐ Hydration Supplies

Bottled water, electrolyte packets or sports drinks

☐ Physical Cooling Supplies

Instant cold packs, cooling towels, reusable ice packs and misting fans

☐ Non-Perishable Food

Items that don't require cooking such as canned fruits, protein bars, or tuna

☐ First Aid & Health

A stocked First Aid kit, Sun protection, and personal medication as needed

☐ Gear & Communication

Backup Power (portable cell phone bank), extra batteries, NOAA weather radio, a flashlight, a whistle to signal for help if needed